

SENIOR Scoop

The publication for and about the active generation of Davis County

Let's Talk Art series begins

The "Let's Talk Art" lecture series will be held quarterly at Autumn Glow Senior Activity Center in Kaysville on the third Thursday of July, October, January, and April. Lectures begin at 7:30 p.m.

The aim of lecture series is to educate, stimulate creativity and appreciation by inviting successful artists to share their life experiences and acquisition of knowledge, in an intimate and informal classroom setting.

The first lecture of the quarterly series will be held on Thursday, July 17, 7:30 p.m., at Autumn Glow Senior Activity Center (81 East Center Street, Kaysville). Local artist and Assistant Professor at University of Utah John Erickson will be the highlighted artist.

Come join your community of fellow artists and art connoisseurs. For more information, contact Kathy Snow at 801-200-8386.

Free caregiver respite available

Caregivers often spend so much time caring for a loved one suffering from Dementia that they forget to care for themselves. Caregivers can find it difficult to run errands, go grocery shopping, or take some time for themselves.

Burchcreek Homecare offers free respite for caregivers. They have teamed up with Davis County Senior Services to offer this service each month:

- 1st and 3rd Mondays, 9 a.m.-noon – North Davis Senior Activity Center (42 South State Street, Clearfield)
- 1st and 3rd Mondays, 1-4 p.m. – Autumn Glow Senior Activity Center (81 E. Center Street, Kaysville)
- 2nd and 4th Wednesdays, 1-4 p.m. – Golden Years Senior Activity Center (726 South 100 East, Bountiful)

Safe home for care giving

BY MEGAN FORBUSH

Davis County Senior Services

Are you caring for a loved one? Are you worried about them falling in the home?

Spend an hour at a free caregiver class and learn

how to make your home safe. Class will be held on Thursday, July 3, noon to 1 p.m., at Golden Years Senior Activity Center (726 South 100 East, Bountiful). Class is free.

40 years of support for families



Photo by USDA

Remember the day you brought your new born child home and the huge responsibility you felt being a parent?

Parenthood is a big job. Choosing healthy foods while pregnant, learning how to breastfeed, finding the right doctors, and getting your kids ready to learn in school really does take a village. For the last 40 years, the Women, Infants and Children (WIC) program has provided all that support and more to mothers and families.

Davis County WIC celebrates the 40 year anniversary of WIC as an enduring program working hard to strengthen families. WIC provides healthy foods, nutrition education, breastfeeding support and a connection to local resources.

Raising children really does take a village. Celebrate with us by being a positive influence in the village around you. Share your experience, lessons learned, a healthy recipe, an encouraging word or just courtesy to the young mom in the grocery store checkout line. Opportunities are endless. Join Davis County WIC by continuing to strengthen the families in your life.

WIC is a supplemental nutrition program offering resources to all kinds of families: married and single parents, working or not working. Fathers, mothers, grandparents, foster parents or other legal guardians of a child under 5, can apply for WIC. For income guidelines or more information call 801-525-5010.



Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Family Health & Senior Services Division.

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All issues of Senior Scoop are available at daviscountyutah.gov/senior_scoop.

Davis County Walks 5K returns ready to party!

Davis County Walks 5K turns 10 years old this year. Join the party Saturday, Aug. 16, at 7:30 a.m. Registration for people 60-years or older is free. Pre-registration deadline is Friday, Aug. 8, before 5 p.m. Registration is available online at <http://www.daviscountyutah.gov/dcw> or by printing out the form to mail or drop by the Davis County Health Department.

Let's celebrate!



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 JULY			3 AG – 4 th of July Entertainment 11:30 GY – Caregiver Class 12 ND – Knit & Crochet 12:15	4 Centers Closed  Fourth of July	5
6	7 AG – Oil Painting 9 GY – Open Senior Tap 8:15 Yoga 10 ND – Burch Creek Respite 9-12	8 AG – Synergy 11:30 Dementia Support Group 4 GY – Sit n Fit 8:30 Blood Pressure 10:30 ND – Quilters 10 Blood Pressure 10:30	9 AG – **Water Exercise 9 GY – Suicide Class 9 Burch Creek Respite 1-4 ND – Rocky Mtn Care 11:15 Do It Yourself Family History 3	10 AG – **AARP Smart Driving Ice Cream Tasting 5 p.m. GY – Dancing Grannies 8:15 ND – Computer Class 1	11 AG – Crazy Auction 11:30 GY – **Red Butte Gardens Soft Aerobics 8:30 Movie 12:45 ND – Ceramics 12	12
13	14 AG – Adult Protective Services 11:30 GY – Breakfast For Your Brain 9:30 ND – Texas Hold ‘Em 12 Bingo 12:30	15 AG – Tai Chi 9:45 Mystery Trip 11:30 Square Dancing 1 GY – Alzheimer’s Support Group 3:30 ND – China Painting 9 Pinochle 12:30	16 AG – Arthritis Exercise 9 Bingo 10:30 GY – Ceramics 9 Positive Aging 5-7 p.m. ND – Art 9 Home Safety Tips 11:15	17 AG – Wire Wrapping 8:30 Tai Chi 7 p.m. GY – Arthritis Exercises 12:30 Photography Class 1 ND – Tech Lab 3	18 AG – Caregiver Support Network 11:30 GY – **Birthday Lunch Stained Glass 9 ND – Friday Night Dance 7-9 p.m.	19 AG - Pickle Ball 6 p.m.
20	21 AG – Sunshine Generation 11:30 GY – Arthritis Exercise Class 12:30 ND – Burch Creek Respite 9-12	22 AG – Lifetime Fitness 9 Shopping 12:30 GY – Zumba 9:30 Tai Chi 10:30 ND – Lapidary 8:30 Blood Pressure 10:30	23 AG – Blood Pressure 10:30 Rocky Mtn Care 11:30 GY – Water Color 5-7pm ND – Ask-A-Nurse 11:15	24 Centers Closed  Pioneer Day	25 **AG & ND July Birthday Party AG – Computer 101 9:30 GY – Water Color 9 ND – Bingo 12:30	26
27	28 AG – Pickle Ball 9 Bingo 10:30 GY – Stained Glass 9 Line Dancing 10 ND – Health Tips 11:15	29 AG – Lapidary 8:30 GY – Lapidary 8 Pinochle 1-4 ND – **AARP Smart Driving Jim & Eva Sing 11:15	30 AG – Yoga 10 Ceramics 12 GY – Single’s Social 11 Positive Aging 5-7 p.m. ND – Texas Hold ‘Em 12	31 AG – Tai Chi 9:45 Shopping 12 GY – Strength Training 10:30 Shopping 1 ND – Porcelain 9 Pinochle 12:15	Aug 1 AG – Movie/ Popcorn 12:30 GY – Old Time Combo Band 10:30 ND – Tech Lab 4	2
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 544-1235 81 East Center Street Kaysville, UT 84037			GY ~ Golden Years (801) 295-3479 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015	

Pedal Away Parkinson’s bike ride scheduled

Davis County Parkinson’s Disease Support Group promotes the Pedal Away Parkinson’s event on Saturday, July 19, 8 a.m. The 10-mile family fun bike ride begins at Gailey Park (200 South 300 West, Kaysville). The annual affair raises awareness of Parkinson’s disease with family-oriented activities including the 10-mile bike ride, live music, raffle, silent auction, games, and fun. The local support group strongly encourages everyone (including

non-bikers) to attend. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association. To participate in the bike ride, make a donation, volunteer to help out, or need more information, visit <https://www.utahapda.org/pedalawayparkinsons/Home.html> The local support group meets monthly at 6 p.m. on the first Wednesday of each month at North Davis Senior Activity Center (42 South State Street, Clearfield).

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Tips for reducing pain while gardening

BY ROSANNA SCOTT
Arthritis Foundation

So you love to garden? Arthritis shouldn’t prevent you from enjoying your gardening hobby. Try these tips to reduce your pain when you’re working in the yard:

1. Ask for help. The first garden tip is to know your limits. Examine your to-do list and determine which tasks you can easily do and which tasks you may need assistance with. Consider hiring someone to do the heavy work.

2. Be kind to your body. Occupational therapist Kristan Monroe, St. Rita’s Medical Center, Lima, Ohio, suggests gentle stretches to loosen joints and prevent injury. Try this simple stretch: with your arms straight out in front of you, reach forward as far as you can.

3. Use joint-friendly tools. Long-handled tools that allow you to stand, not stoop, and easy-to-grip hand tools are gardeners’ friends. Monroe suggests adding attachments that lengthen tool handles to gain leverage.

Buy a kneeling pad or even a scooter wagon you can sit on while weeding.

4. Practice correct posture. Let your larger/stronger joints do the work when possible. Instead of using your fingers to lift an object, try using the flat palm of your hand, your forearms or even your elbows. Keep items close to your body as you carry them. Stand or sit up straight while you work, and change positions often.

5. Take gardening to new heights. If you find it difficult to bend to work in your garden, try a flower box or raised flower bed to eliminate stooping.

6. Take frequent breaks. When you’re gardening, arthritis pain can build if you don’t rest your joints properly. Stop and smell the roses and have a glass of lemonade. Well-earned, frequent breaks allow you to appreciate your garden’s beauty, plan your next tasks and get more done before fatigue begins.

Use these six ideas to create a beautiful garden while remaining pain free.

Living Well with Chronic Conditions workshop starts

According to a recent Chronic Disease Self-Management Program national study, participants of Living Well with Chronic Conditions workshop saw a 21% improvement in depression, 15% improvement in unhealthy physical days, 12% improvement in medication compliance, and a \$364 per participant net savings. Get these same benefits. Consider taking a Living Well with Chronic Conditions workshop. Living Well

is a 6-week workshop that teaches real-life skills for living a full, healthy life with a chronic condition. Next workshop begins Tuesday, July 8, 2:30 p.m., at Autumn Glow Senior Activity Center (81 E. Center Street, Kaysville). Call Jessica Hardcastle at 801-525-5087 to register today. Workshops are sponsored by Davis County Health Department Senior Services.

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